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### Clinical psychiatry teaching for medical students: reflections of a psychiatric preceptor in a regional medical school

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## Clinical psychiatry teaching for medical students: reflections of a psychiatric preceptor in a regional medical school

### Abstract

Abstract of a paper presented at the 65th Annual National Conference of Indian Psychiatric Society, Bangalor, 10-13 Jan, 2013. Aims and Objectives: The purpose of this study was to delineate the process of acquiring basic Psychiatric knowledge and skills during medical education and the internship Period. It was motivated by a need to effectively deliver the steadily increasing scientific knowledge about psychiatric disorders and their treatment to graduate entry medical students. We describe our reflections on being a clinical preceptor for Graduate Students of GSM (Graduate School of Medicine) during the 5 week rotations in Hospital based clinical rotations in Psychiatry.

### Keywords

reflections, school, clinical, psychiatry, psychiatric, preceptor, teaching, regional, medical, students

### Disciplines

Medicine and Health Sciences | Social and Behavioral Sciences

### Publication Details

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students have positive attitude toward psychiatry ( $P=0.00$ ). Only five second year and two intern students affirmatively indicated to choose psychiatry as a career choice, while 73% denied.

**Conclusions:** The results of the study did not support the hypothesis that the greater the exposure to psychiatry, the higher the attitude toward psychiatry. Increasing negative attitude in higher classes might be due to poor teaching in under graduation, ridiculous stereotypic comments and remarks by medical teachers belonging to other specialty branches. Through exposure in depth and high quality teaching will decrease the negative attitude. It has been felt that psychiatry remains neglected subject during the undergraduate training. Thus, there is a need to relook into current curriculum of undergraduate medical students.

#### **F. 11.9: Empathy in medical students as related to gender and year of education**

R. Shiva Kumar, R. Swaroopa Chary, V. Sharbandh Raj  
S.V.S Medical College, Mahaboobnagar

##### *Aims and Objectives:*

1. To assess the empathy in medical students.
2. To know how empathy varies between male and female medical students.
3. To study how empathy varies in various years of medical under graduation.

**Methodology:** Place of study: S.V.S Medical College, Mahaboobnagar. Time of study: From August 2012 to October 2012. Study sample: The study sample consists of 250 medical students belonging to various years of medical under graduation including intern ship. Methods:

1. A semi structured proforma-to obtain the details about the individual student which includes gender and year of graduation.
2. Jefferson scale of physician empathy (JSPE)-to assess the empathy.

**Statistical analysis:** It is done using SPSS.

**Results:** Will be discussed later in the conference.

**Conclusions:** Will be discussed later in the conference.

#### **F. 11.10: Perception and attitude of post graduate students of various specialities towards psychiatry and mental health**

Mohammed Afiz Ashraf, Vijaya Mahadevan, Srinivasa Gopalan, Zubeida Sultana, Cattamichi Vinila  
Meenakshi Medical College and Research Institute

**Preferred mode of Presentation:** Free Paper-Oral.

**Aims and Objectives:** A cross-sectional study to be conducted at Meenakshi Medical College and Research Institute to evaluate the perceptions, knowledge and attitudes of non-psychiatry post graduates towards mental illnesses.

**Methodology:** Study is to be conducted using a self-reported questionnaire, ATP-30 scale addressing the above said aspects among post graduates of all specialties including non-clinical departments.

**Results:** Results are to be presented during the conference.

**Conclusions:** To be presented.

#### **F. 11.11: Emotional quotient and coping styles in junior doctors**

Harish Kulkarni, C.Y. Sudarshan, Shamshad Begum

**Aims and Objectives:** To assess Emotional Quotient (EQ) and Coping Styles in junior doctors and study their association.

**Methodology:** One hundred and six junior doctors belonging to both the sexes were briefed about the study and scales used for assessment. After consenting for the study, they answered the self-rated questionnaire

to assess EQ and Coping styles. Protocols with high lie scores were excluded from analysis. t-test and  $\chi^2$  test were used for continuous variables and categorical variables respectively. Pearson's correlation was used to study the relationship between continuous variables.

**Results:** Sample consisted of an equal number of both sexes, majority of who were from urban background, belonging to Hindu religion, nuclear family and were unmarried. No gender differences were observed in EQ and coping styles. Sensitivity and Maturity dimensions of EQ had significant negative correlation with Distraction Negative and Denial dimensions of coping styles respectively and Competency dimension of EQ and Total EQ had significant negative correlation with both. Substance users and non-users didn't differ in EQ significantly. Intensity of different dimensions of EQ had differential correlation with coping styles.

**Conclusions:** EQ can have significant influence on coping skills.

#### **F. 11.12: Mental health research projects: A practical integration of mental health into a medical curriculum**

Judy Mullan, K.M. Weston, P.L. McLennan, W.C. Rich, N.B. Pani  
University of Wollongong, Australia

**Aims and Objectives:** The University of Wollongong (UoW) graduate-entry medical course embeds research and critical analysis within the curriculum, concluding with students undertaking a regional/rural community-based research project. Students are encouraged to design a research project of interest to them and the local community. This study analyzed whether conducting research projects enhanced learning/understanding about rural/regional mental health issues amongst UoW medical students.

**Methodology:** An audit was conducted of research projects completed during 2007-2009 ( $n=217$ ), to identify the study design and mental health area of research interest.

**Results:** Eleven projects (5.1%) incorporated mental health themes. They used quantitative, qualitative and mixed-method research designs and focused on topics such as: Barriers to treatment of mental illness in rural/regional practice; strategies to reduce stress; attitudes towards depression in primary care; and mental health issues for medical students/doctors.

**Conclusions:** Mental health is an important component of regional/rural medical practice. Embedding research and critical analysis within a medical curriculum helps to develop research-readiness among graduating doctors and enables specialised areas, such as mental health, to be integrated into the program. The opportunity to undertake a research project in situ raises the awareness of doctors-in-training to the prevalence of mental health issues in rural/regional Australia.

#### **F. 11.13: Clinical psychiatry teaching for medical students: Reflections of a psychiatric preceptor in a regional medical school**

Nagesh Pai, Nalin Wijesinghe, Beverly Rayers

**Aims and Objectives:** The purpose of this study was to delineate the process of acquiring basic Psychiatric knowledge and skills during medical education and the internship Period. It was motivated by a need to effectively deliver the steadily increasing scientific knowledge about psychiatric disorders and their treatment to graduate entry medical students. We describe our reflections on being a clinical preceptor for Graduate Students of GSM (Graduate School of Medicine) during the 5 week rotations in Hospital based clinical rotations in Psychiatry.

**Methodology:** Initial five years experience in teaching graduate medical students in a new Medical School will be presented. This regionally



based medical school uses adult learning principles that include the identification of clear goals, relevance to practice and the opportunity for reflection. Reflecting on the notes of preceptors' peer group we delineate the process of acquiring basic psychiatric knowledge and skills during the clinical rotation.

**Results:** Learning processes involve complex interactions between individual background factors as well as aspects of the learning environment, supervision and experience. Individual psychological factors such as feelings, reflective processes and attitudes are also involved. The outcome of learning processes involves both the development of competence as well as the development of a belief in one's own capabilities to organize and execute actions to produce a given result – in brief, self-efficacy.

**Conclusions:** Alignment between the student's needs and the teacher's plan for teaching remain an on-going challenge that drives on-going improvement in teaching methods

#### F. 11.14: Internship training in psychiatry: Need for a review

D.G. Mukharjee

**Aims and Objectives:** Internship Training in Psychiatry provides the initial exposure to undergraduate Psychiatry Education considering both challenges and prospective opportunities for medical student. However, a number of issues, including structure of training, faculty development and providing quality training and education remain yet to be resolved.

**Methodology:** One hundred and thirty medical students undergoing internship training in Psychiatry were assessed following experiential training in psychiatry. Multi-disciplinary learning was emphasised on learning of effective communication skills, allowing preparations for addressing and treating mental disorders. Formative assessment was also done later after four weeks separately to assess the knowledge, skills and expertise to treat and manage mental disorders.

**Results:** Study findings will be discussed in detail, considering the various issues related to improvement of structure of internship training in psychiatry.

**Conclusions:** Research evidences show: interests and attitude amongst medical students with respect to Psychiatry has been found to be low. Lancet Editorial commented that the best teaching is unlikely to prevail against poor working conditions, a bad professional image and the frustration of dealing with society's misfits and people who rarely appeared cured, is less rewarding. However, recently there has been a shift in favourable direction in the general attitude to Psychiatry among medical students considering Psychiatry speciality as challenging and scientific.

#### F. 11.15: A study of perceived stress and coping in interns in Assam Medical College, Assam

Amit Baliram Nagdive, R.U. Zaman

Department of Psychiatry, AMCH, Dibrugarh

**Aims and Objectives:**

1. Assess the stressful life events in interns.
2. Study coping strategies used by interns.
3. Study co-relation between perceived stressful life event and coping in interns.
4. Study co-relation between socio-demographic variables, perceived stress and coping.

**Methodology:** Hospital based study at the Dept. of Psychiatry, AMCH, Dibrugarh. Hundred interns were included during a period of 13 months. Screening was done using GHQ-30. Stress assessed using presumptive and stressful life events scale by Gurmeet Singh and perceived stress scale by cohen. Coping strategies assessed using Ways of Coping by Susan Folkman and R Lazarus.

**Results:** Within the study group, females have more perceived Stress. Positive reappraisal is most common coping mechanism followed by self controlling and escape avoidance. Stressful life events have better co-relation to coping styles as compared to perceived stress.

**Conclusions:** Person having more number of stressful life event also experience more perceived stress. Both stressful life events and perceived stress have effect on coping strategies used. By reducing stress associated with life events, perceived stress can also be reduced.

#### F. 11.16: Prevalence of burnout and its correlates among residents in a tertiary care center

Badr Ratnakaran, Vidhu Kumar, Anil Prabhakaran

Government Medical College, Thiruvananthapuram, Kerala

**Aims and Objectives:** To study the prevalence of burnout and its correlates among interns and residents at Government Medical College Thiruvananthapuram, Kerala.

**Methodology:** A Cross-sectional study of burnout of 558 interns and residents of Government Medical College, Thiruvananthapuram, Kerala. Data was collected by distributing among the participants the Copenhagen Burnout Inventory which assesses burnout in the dimensions of Personal burnout, Work burnout and Patient related burnout, using 50 as the cut off score for each dimension. Correlates for burnout among participants were also assessed. Univariate and bivariate analyses were done.

**Results:** The overall personal, work and patient related burnout were 55.2%, 34.8% and 35.12% respectively. Burnout was found to be the highest among the interns in the domains of personal burnout (64.05%) and patient related burnout (68.62%) and in junior residents for work related burnout (38.87%). Super specialty senior residents had the least prevalence of burnout in all three dimensions. Among the residents non-medical/non-surgical residents had the least prevalence of burnout in all three dimensions, whereas surgical specialty residents had the highest of personal burnout (57.92%) and Medical specialty residents had the highest patient related burnout (27.13%). Both medical and surgical specialty residents had equal prevalence of work burnout. The study also showed that as the number of years of residency increased, the burnout also increased i.e. the first year residents had the least and the third year residents had the highest prevalence of burnout in all 3 dimensions. Significant gender difference in burnout was not noticed in the study.

**Conclusions:** The results and findings have been discussed.

#### F. 11.17: A study of internet addiction disorder among under graduate medical and dental students

Raghav Arora, Lakhn Kataria, Sandip Shan, Vidhi Patel, Diwakar Sharma

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**Aims and Objectives:** To find out (i) prevalence of internet addictive disorder among undergraduate medical and dental students (ii) association between internet addiction disorder and co-morbid depression.

**Methodology:** A cross-sectional study was conducted among 350 undergraduate medical and dental students. CRF (containing demographic details and questions related to internet use), young internet addiction and beck depression inventory scales were given.

**Results:** The overall prevalence of internet addiction were 32.28% moderately addicted and 5.71% severely addicted. It was found that association between internet addiction and depression is positive (19.5% had mild mood disturbance, 13.3% borderline clinical depression, 12.4% moderate depression, 7.1% severe depression, 0% extreme depression while in severely addicted showed 30% mild mood disturbance, 5% borderline clinical depression, 15% moderate depression, 10% severe depression, 20% extreme depression). Demographic correlation depicts